Mrs. Rodriguez Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period: \_\_\_\_\_\_\_\_\_\_\_\_

In the magazine titled “health2you” you will find the article below.

Read the article an answer the following questions

“Overcome Overeating” page 12

1. What effects do fat, sugars and salt have on your nervous system? What is it similar to?
2. What does the salt-fat-sugar combination stimulate in your brain?
3. “Human beings are creatures of \_\_\_\_\_\_\_\_\_\_\_ and bad \_\_\_\_\_\_\_\_\_\_\_\_\_\_ are hard to break.”
4. What examples were provided for you to describe the change in portion sizes in the past 20 years?
5. What does Becerra encourage her patients to do in order to avoid overeating?
6. What are some other recommendations to avoid overeating?